

## Quick Mediterranean Ground Beef Stir Fry with Jalapeño & Tomatoes

Spicy Jalapeño Popper Mediterranean Ground Beef Stir Fry - Bold, Juicy & Ready Fast



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

- 1 lb ground beef (85-90% lean)
- 2 tbsp olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 jalapeño peppers, diced (remove seeds for less heat)
- 1 cup cherry tomatoes, halved
- Salt & black pepper, to taste

### DIRECTIONS

- Sauté the Aromatics:** Heat olive oil in a large skillet over medium heat. Once shimmering, add the chopped onion. Sauté for 3-4 minutes until translucent and fragrant.
- Add Garlic:** Stir in the minced garlic and cook for 1 minute to release the aroma. This creates a rich base that infuses the whole dish.
- Brown the Ground Beef:** Add ground beef to the pan. Break it apart with a wooden spoon and cook for 6-8 minutes until fully browned. Drain excess fat if necessary.
- Add the Heat and Freshness:** Toss in the diced jalapeños and halved cherry tomatoes. Cook for 3-5 minutes, until the tomatoes soften and the jalapeños are tender but still have a little bite.
- Season and Serve:** Season everything with salt and black pepper to taste. Give it a final stir, remove from heat, and serve hot.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/quick-mediterranean-ground-beef-stir-fry-with-jalapeno-tomatoes/>